

See page 2 for
important information on
Special Dates and Hours



Email Newsletter Sign-up
To add your email address to the distribution list, visit
www.rockvillemd.gov/swimcenteralerts to sign up.

ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

2022 Recreational Swim and Fitness Center Schedule

Summer I (June 18 – August 12)

OUTDOOR POOLS

RECREATION (with Slide)

Recreation pool users are to enter/exit through the outdoor facility's admission booth.

| Mon-Fri | Sat & Sun |
|------------------|-------------------|
| 11:00am – 8:00pm | 12:00pm – 8:00 pm |

FITNESS (50 Meters “Long Course”)

| Monday – Friday | Saturday and Sunday |
|--|--|
| 6:00 am to 9:00 am - 2 lanes lap swimming only (no diving boards) | 9:00 am to 12:00 pm* - minimum of 3 lanes lap swimming only (no diving boards) *see reverse side for exclusions |
| 9:00 am to 10:00 am - 5 lanes lap swimming only (no diving boards) | |
| 10:00 am to 11:00 am - 3 lanes lap swimming and small area for deep water running (no diving boards) | |
| 11:00 am to 4:00 pm - 3 lanes lap swimming + rec swim / diving boards | 12:00 pm– 9:00 pm – 3 lanes lap swimming + rec swim / diving boards. Shallow water rec area limited on Sundays from 7 – 8:00 pm |
| 4:00 pm to 6:00 pm – 2 lanes lap swimming only and 1 lane for rec swimming (no diving boards) | |
| 6:00 pm to 9:00 pm – 3 lanes lap swimming + rec swim / diving boards | |

INDOOR POOLS

| NORTH (25 Meters) | | SOUTH (25 Yards) |
|--------------------|--|-------------------------------|
| Monday – Friday | Saturday | Monday – Friday |
| 6:00 am – 8:20 am | 6:00 am – 9:00 am (5 lanes lap swim only 8:30am-9:00am) | 11:00 am – 2:00 pm |
| 12:00 pm – 3:00 pm | 12:00 pm – 9:00 pm | Saturday and Sunday Closed |
| 5:00 pm – 7:30 pm | Sunday | |
| | 11:00 am – 9:00 pm (3 lanes lap swim only until 1:00pm) | |

Recreation swim in the indoor pools is reserved for adults (18+) and children (6 & under) accompanied by an adult.

FITNESS ROOM / SPA / SAUNA

| Monday - Friday | Saturdays | Sundays |
|--------------------|---|--------------------|
| 6:00 am to 9:00 pm | 6:00 am to 9:00 pm (Spa closes at 7:00 pm) | 9:00 am to 9:00 pm |

Please note: The Summer II schedule will begin on Aug. 13
Check our website for details:
www.rockvillemd.gov/swimcenter



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Special Dates and Times for Summer I Season Schedule

Please see page 1 of the flyer for the normal operating hours

Weekend Fitness Pool Morning Lap Swim 9:00 am –12:00 pm

Unavailable on the Following Dates:

| | |
|------------------------|------------------------|
| Saturday June 11, 2022 | Saturday July 16, 2022 |
| Saturday June 18, 2022 | Saturday July 30, 2022 |
| Saturday July 2, 2022 | Sunday July 31, 2022 |

Saturday, June 18

Martins Lane (road in front of RSFC) will be temporarily closed from 7:15 pm-8:15 pm for the Suds and Soles Race. RSFC will operate on a normal schedule. Customers should plan for the temporary road closure in their arrivals and departures to the facility.

Wednesday, June 29 (Due to Swim Meet)

The Fitness Pool will be CLOSED from 3:30pm-4pm and re-open at 4pm with a “short-course” set up for the remainder of the evening. A minimum of 6 short-course lap lanes will be available from 4pm-9pm and the diving boards will be closed after 3:30pm.

Monday, July 4 – Holiday Hours

| | |
|----------------------------------|--|
| Fitness Room and Lobby | 9:00 am to 6:00 pm |
| North Indoor Pool and Spa | 11:00 am to 6:00 pm |
| South Indoor Pool | CLOSED |
| Outdoor Recreational Pool | 11:00 am to 6:00 pm |
| Outdoor Fitness Pool | 9:00 am to 6:00 pm 9am-11am: Lap Swim ONLY (minimum 3 lanes) & 11am-6pm: 3 lanes lap swimming + rec swim / diving boards |

Tuesday, July 12 (Due to Swim Meet)

Outdoor Fitness Pool – 6:00 am to 3 pm (**space allocation listed on page 1**)

Fitness Pool CLOSED at 3 pm. All other areas operating on a Normal Schedule.

Admission Fees

Admission fees are required for all who enter the facility for recreation / lap swim. There will be no refunds for inclement weather. Additional fees apply for Fitness Room use and Program Registration.

| Daily Admission – Aquatics | General Admission (Non- City Residents) | City of Rockville Resident (with Recreation ID – available at RSFC front desk for \$2 with proof of Rockville Residency) |
|-----------------------------------|--|---|
| Adult (18-59) | \$8 | \$7 |
| Child (1-17) | \$7 | \$6 |
| Senior (60+) | \$6.40 | \$5.60 |

- Review <http://www.rockvillemd.gov/swimcenter> for a full listing of facility policies, updates to the hours of operations (i.e. special events) and additional details on memberships, program offerings, admission fees and lap swim guidelines.
- Lap lanes are to be used for lap swimming or water walking only.
 - Lap Swimming is defined as: traversing the length of the pool using a coordinated stroke for a sustained period. Lap swimmers must be able to swim from one end of the pool to the other without stopping or assistance. Lap swimmers are expected to “split the lane” with 1-2 swimmers or “circle swim” with 3 or more swimmers in a lane. See our [Pool and Lap Swim Etiquette](http://www.rockvillemd.gov/swimcenter) online at www.rockvillemd.gov/swimcenter for details.
 - Water Walking is defined as: continuous motion of the legs/arms to “jog in place” over a sustained period of time for exercise purposes. When water walking shares a lane with lap swimming, water walkers should locate themselves at the ends of the lane.
- Lap lane allocations change throughout the day for certain pools (see schedule). Facility staff may begin to move lap lanes for upcoming activities within a ten (10) minute window of the published transition times.
- Check your residency status at www.rockvillemd.gov/gis. **Note: not all Rockville mailing addresses are in the corporate City limits.** To receive resident rates for daily admission, a Recreation ID card must be presented. Cards are available at the front desk for \$2 with proof of City of Rockville Residency (photo ID with address, utility bill, lease, school records for youth)
- Customers may utilize a face covering if desired, when not in the water. Face coverings should be removed while swimming. A limited exception is granted for individuals wishing to wear a face covering in the pool, when conducting water walking with their face out of the water. The City will not be asking visitors to provide their vaccination status.
- Program offerings are also available. Visit <http://www.rockvillemd.gov/registration> to learn more. Programs require advanced registration (no drop-ins).
- Do not come to the facility if you are sick or otherwise instructed to remain at home. Follow the [Centers for Disease Control Recommendations for Healthy Swimming](https://www.cdc.gov/healthywater/swimming/index.html) <https://www.cdc.gov/healthywater/swimming/index.html>.
- Take steps to wash your hands often and shower before swimming.
- Facility policies require that all pool users wear a bathing suit / approved swim attire when swimming.
- Children under nine (9) years of age must be supervised by a responsible, water-safe adult at all times.
- Individuals ages 7 – 17 are not permitted to use the indoor pools for recreation swim during the summer season. Outdoor pools are available.
- Admission fees are required for all who enter the facility for recreation / lap swim. There will be no refunds for inclement weather. Additional fees apply for Fitness Room use and Program Registration.

